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THE

HONOURS OF THE TABLE,

OR,

Rules for Behaviour during Meals ;

WITH THE

WHOLE ART OF CARVING,

Illustrated by a Variety of Cuts.

TOGETHER WITH DIRECTIONS FOR GOING TO MARKET,

And the Method of distinguishing Good Provisions from bad ;

TO WHICH IS ADDED

*A Number of Hints or concise Lessons for the Improvement of Youth,
on all Occasions in Life.*

BY THE AUTHOR OF PRINCIPLES OF POLITENESS, &c. &c.

“ To do the honours of a table gracefully, is one of the out-lines of
“ a well-bred man ; and to carve well, little as it may seem, is useful
“ twice every day, and the doing of which ill, is not only troublesome
“ to ourselves, but renders us disagreeable and ridiculous to others.”

Lord Chesterfield's Letters.

FOR THE USE OF YOUNG PEOPLE.

The Fourth Edition.

BATH : PRINTED BY M. GYE,

FOR THE AUTHOR,

AND SOLD BY A. WHELLIER, NO. 3, PATERNOSTER-ROW, LONDON ;

Where may be had gratis,

Catalogues of all Dr. Trusler's useful Publications.

THE
HONOURS OF THE TABLE.

Rules for behaviour at table.

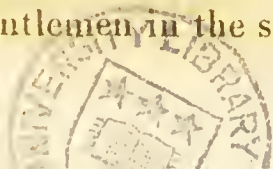
OF all the graceful accomplishments, and of every branch of polite education, it has been long admitted, that a gentleman and lady never shew themselves to more advantage, than in acquitting themselves well in the honours of their table; that is to say, in serving their guests and treating their friends, agreeable to their rank and situation in life.

Next to giving them a good dinner, is treating them with hospitality and attention, - and this attention is what young people have to learn. Experience will teach them, in time, but till they learn, they will always appear ungraceful and awkward.

In all public companies precedence is attended to, and particularly at table. Women have here always taken place of men, and both men and women have sat above each other, according to the rank they bear in life. Where a company is equal in point of rank, married ladies take place of single ones, and older ones of younger ones.

When dinner is announced, the mistress of the house requests the lady first in rank, in company, to shew the way to the rest, and walk first into the room where the table is served; she then asks the second in precedence to follow, and after all the ladies are passed, she brings up the rear herself. The master of the house does the same with the gentlemen. Among persons of real distinction, this marshalling of the company is unnecessary, every woman and every man present knows his rank and precedence, and takes the lead, without any direction from the mistress or the master.

When they enter the dining-room, each takes his place in the same order; the mistress of the table sits at the upper end, those of superior rank next her, right and left; those next in rank following, then the gentlemen, and the master at the lower end; and nothing is considered as a greater mark of ill-breeding, than for a person to interrupt this order, or seat himself higher than he ought. Custom, however, has lately introduced a new mode of seating. A gentleman and a lady sitting alternately round the table, and this for the better convenience of a lady's being attended to, and served by the gentleman next her. But notwithstanding this promiscuous seating, the ladies, whether above or below, are to be served in order, according to their rank or age, and after them, the gentlemen in the same manner.



The mistress of the house always sits at the upper end of her table, provided any ladies are present, and her husband at the lower end; but, if the company consists of gentlemen only, the mistress seldom appears, in which case, the master takes the upper seat.*

As eating a great deal is deemed indelicate in a lady; for her character should be rather divine than sensual; it will be ill-manners to help her to a large slice of meat at once, or fill her plate too full. When you have served her with meat, she should be asked what kind of vegetables she likes, and the gentleman sitting next the dish that holds those vegetables, should be requested to help her.

Where there are several dishes at table, the mistress of the house carves that which is before her, and desires her husband, or the person at the bottom of the table, to carve the joint or bird, before *him*. Soup is generally the first thing served, and should be stirred from the bottom; fish, if there is any, the next.

But in serving their guests, the master or or mistress should distribute their favours equally and as impartially as they can. I have sometimes seen a large dish of fish extend no farther than to the fifth person,

* At whatever part of the table the mistress of the house sits, that will ever be considered as the first place.

when there have been ten persons, and a haunch of venison lose all its fat before half the table tasted it.

If you have a bird at table, a delicacy, which you cannot apportion out to all as you wish, cut it up and hand it round by a servant; in this case out of modesty, persons will take but a small part, and perhaps a part which you could not send to them without disrespect. Some in such a case, ask their guests, whether they will please to have any, and what part, and this on the same principle.

The master or mistress of the table should continue eating, whilst any of the company are so employed, and to enable themselves to do this, they should help themselves accordingly.

Where there are not two courses, but one course and a remove, that is, a dish to be brought up, when one is taken away; the mistress or person who presides, should acquaint her company with what is to come; or if the whole is put on the table at once, should tell her friends, that “they see their dinner;” but, they should be told, what wine or other liquors is on the side-board. Sometimes a cold joint of meat, or a salad, is placed on the side-board. In this case, it should be announced to the company.

If any of the company seem backward in asking for wine, it is the part of the master to ask or invite them to drink, or he will be

thought to grudge his liquor; and it is the part of the mistress or master to ask those friends who seem to have dined, whether they would please to have more. As it is unseemly in ladies to call for wine, the gentleman present should ask them in turn, whether it is agreeable to drink a glass of wine. (“Madam, or &c. will you do me the honour to drink a glass of wine with me?”) and what kind of the wine present they prefer, and call for two glasses of such wine accordingly. Each then waits till the other is served, when they bow to each other and drink.

Habit having made a pint of wine after dinner almost necessary to a man who eats freely, which is not the case with women, and as their sitting and drinking with the men, would be unseemly; it is customary, after the cloth and desert are removed and two or three glasses of wine are gone round, for the ladies to retire and leave the men to themselves; and for this, it is the part of the mistress of the house to make the motion for retiring, by privately consulting the ladies present, whether they please to withdraw. The ladies thus rising, the men should rise of course, and the gentlemen next the door should open it, to let them pass.

As it is ungenteel, to urge men to drink more than they like, to sing forth the praises of a bumper, or complain of the light in their glasses, so it is equally so, to eye your friend,

whilst he is filling his glass, or suffer the bottle to stop when it comes to you.

Rules for Waiting at Table.

A good servant will be industrious, and attend to the following rules in waiting; but where he is remiss, it is the duty of the master or mistress to remind him.

1. If there is a soup for dinner, according to the number of the company, to lay each person a flat plate, and a soup plate over it, a napkin, knife, fork, and spoon, and to place the chairs. If there is no soup, the soup-plate may be omitted.

2. To stand with his back to the side-board, looking on the table. This is the office of the principal servant. If there are more, then to stand round the table, or, if each person's servant is present, that servant should stand behind his mistress's or master's chair.

3. To keep the dishes in order upon the table, as they were at first put on.

4. If any of the garnish of the dishes falls on the cloth, to remove it from the table in a plate with a spoon, thus keeping the table free from litter.

5. To change each person's plate, knife, fork, and spoon, as soon as they are done

with. This will be known, by the person's putting the handles of his knife and fork into his plate.

6 To look round and see if any want bread, and help them to it, before it is called for.

7. To hand the decoramments of the table, viz. oil, vinegar, or mustard, &c. to those who want, anticipating even their wishes. Every one knows with what mustard is eaten, with what vinegar, and so on, and a diligent, attentive servant will always hand it, before it is asked for.

8. To give the plates, &c. perfectly clean and free from dust and never give a second glass of wine, in a glass that has been once used. If there is not a sufficient change of glasses, he should have a vessel of water under the side-board, to dip them in, and should wipe them bright.

9. It is genteel to have thin gill-glasses, and the servant should fill them only half full, this prevents spilling, and the foot of the glass should be perfectly dry, before it is given.

10. To give nothing but on a waiter, and always to hand it with the left hand, and on the left side of the person he serves. When giving wine, to put his thumb on the foot of the glass, this will prevent its overthrow.

11. Never to reach across a table, or in serving one person to put his hand or arm before another.

12. To tread lightly across the room, and never to speak, but in reply to a question asked, and then in a modest under voice.

13. When the dishes are to be removed, to remove them with care, so as not to spill the sauce or gravy over any of the company; to clean the table-cloth from crumbs, if a second course is to be served up; if not, to take away the knives, forks, and spoons, in a knife-tray, clear away the plates, take up the pieces of bread with a fork, roll up the cloth to prevent the crumbs falling on the floor, rub the table clean and bright, and put on the wine, &c. from the side-board, with a decanter of water and plenty of clean glasses.

14. Where water glasses are used after dinner, to wash the fingers; to put on those glasses half full of clean water, when the table is cleared, but before the cloth is removed.

These things are the province of the servants, but as few servants are thorough good waiters, and as the master of the house is responsible for his attendants, it is incumbent on him to see that his company is properly served and attended. For a table ill-served and attended, is always a reflection on the good conduct of the mistress or master.

Having now pointed out the duty of the person entertaining, I will say a few words to those entertained. In my *Principles of Politeness*, a book which has gone through a great number of editions, and of course, is

very well known, I had occasion to touch upon behaviour at table ; but as those few rules may not occur at this instant to every one, I trust I shall be pardoned in repeating them.

“ Eating quick or very slow at meals, is
 “ characteristic of the vulgar; the first infers
 “ poverty, that you have not had a good
 “ meal for some time ; the last, if abroad,
 “ that you dislike your entertainment ; if at
 “ home, that you are rude enough to set
 “ before your friends, what you cannot eat
 “ yourself. So again, eating your soup with
 “ your nose in the plate is vulgar, it has the
 “ appearance of being used to hard work,
 “ and having of course an unsteady hand.
 “ If it be necessary then to avoid this, it is
 “ much more so, that of

“ Smelling to the meat whilst on your fork,
 “ before you put it to your mouth. I have
 “ seen an ill-bred fellow do this, and have
 “ been so angry, that I could have kicked
 “ him from the table. If you dislike what
 “ you have, leave it ; but on no account,
 “ by smelling to, or examining it, charge
 “ your friend with putting unwholesome pro-
 “ visions before you.

“ To be well received, you must always
 “ be circumspect at table, where it is ex-
 “ ceedingly rude, to scratch any part of
 “ your body, to spit, or blow your nose, (if
 “ you can't avoid it, turn your head,) to eat
 “ greedily, to lean your elbows on the table,

“ to sit too far from it, to pick your teeth
 “ before the dishes are removed, or to leave
 “ the table before grace is said.

“ Drinking of healths is now growing out
 “ of fashion, and is very unpolite in good
 “ company. Custom once had made it
 “ universal, but the improved manners of the
 “ age, now render it vulgar. What can be
 “ more rude or ridiculous, than to interrupt
 “ persons at their meals, with unnecessary
 “ compliments? Abstain then from this
 “ silly custom, where you find it out of use,
 “ and use it only at those tables, where it
 “ continues general.

“ When you see but little of a thing at
 “ table, or a viand that is scarce and dear,
 “ don't seem covetous of it, for every one
 “ will expect a taste of it as well as yourself;
 “ and, when a bird is cut up, and served
 “ round to the company to take that part
 “ they like, it will shew a becoming modesty
 “ to take the worst part.

“ When invited to dinner, be always there
 “ in time; there cannot be a greater rude-
 “ ness, if you are a person of any weight
 “ with your friend, than to oblige him to
 “ delay his dinner for your coming, (besides
 “ the chance of spoiling it,) or more unpolite
 “ to rest of the company, to make them
 “ wait for you. Be always there a quarter
 “ of an hour before the appointed time, and
 “ remember that punctuality in this matter,
 “ is a test of good breeding.

“ If a superior, the master of the table
 “ offers you a thing of which there is but
 “ one, to pass it to the person next you,
 “ would be indirectly charging him that
 “ offered it to you, with a want of good man-
 “ ners, and proper respect to his company;
 “ or, if you are the only stranger present, it
 “ would be rudeness to make a feint of
 “ refusing it, with the customary apology,
 “ *I cannot think of taking it from you, sir,*
 “ *or I am sorry to deprive you of it,* it being
 “ supposed he is conscious of his own rank,
 “ and if he chose not to give it, would not
 “ have offered it; your apology, therefore, in
 “ this case, is a rudeness, by putting him on
 “ an equality with yourself; in like manner,
 “ it would be a rudeness, to draw back,
 “ when requested by a superior to pass the
 “ door first, or step into a carriage before him.

“ If a man of rank is of the party, it is a
 “ mark of respect, for the master to meet
 “ him at the coach-door and usher him in.

“ In a word, when invited to dine or sup
 “ at the house of any well-bred man, observe
 “ how he doth the honours of his table;
 “ mark his manner of treating his company,
 “ attend to the compliments of congratulation
 “ or condolence that he pays, and take no-
 “ tice of his address, to his superiors, his
 “ equals, and his inferiors; nay, his very
 “ looks and tone of his voice are worth your
 “ attention, for we cannot please without a
 “ union of them all.

“ Should you invite any one to dine or
 “ sup with you, recollect whether ever you
 “ had observed him to prefer one thing to
 “ another, and endeavour to procure that
 “ thing; when at table, say, *I think you*
 “ *seemed to give this dish a preference, I*
 “ *therefore ordered it. This is the wine I*
 “ *observed you best like, I have therefore*
 “ *been at some pains to procure it.* Trifling
 “ as these things may appear, they prove an
 “ attention to the person they are said to;
 “ and, an attention in trifles is the test of
 “ respect; the compliment will not be lost.

“ If the necessities of nature oblige you at
 “ any time, (particularly at dinner,) to with-
 “ draw from the company you are in, en-
 “ deavour to steal away unperceived, or
 “ make some excuse for retiring, that may
 “ keep your motives for withdrawing a
 “ secret; and on your return, be careful not
 “ to announce that return, or suffer any
 “ adjusting of your dress, or re-placing of
 “ your watch, to say from whence you came.
 “ To act otherwise, is indelicate and rude.”

THE ART OF CARVING.

THE author of this work, from a conviction that the knowledge it communicates, is one of the accomplishments of a gentleman, and that the *Art of Carving* is little known, but to those who have long been accustomed to it, persuades himself, he cannot make the rising generation a more useful or acceptable present, than to lay before them a book, that will teach them to acquit themselves well, in the discharge of this part of the honours of the table. (See the motto in the title page.) We are always in pain for a man, who, instead of cutting up a fowl genteely, is hacking for half an hour across a bone, greasing himself, and bespattering the company with the sauce; but where the master or mistress of a table, dissects a bird with ease and grace, or serves her guests with such parts as are best flavoured, and most esteemed, they are not only well thought of, but admired. The principal things that are brought then to table are here delineated, and the customary method of carving them pointed out, in a manner that, with little attention, will be readily understood, and the knowledge of carving, with a little practice, easily acquired.

Young folks unaccustomed to serving at table, will, with the help of these cuts, and the instructions accompanying them, soon be able to carve well; if at the same time

they will, as occasion offers, take notice, how a good carver proceeds, when a joint or fowl is before him.

I have also taken the liberty of pointing out in the course of these instructions, what parts of viands served up are most esteemed, that persons carving may be enabled to shew a proper attention to their best guests and friends, and may help them to their liking.

There are some graceful methods of carving, that should also be attended to, such as not to rise from our seat, if we can help it, but to have a seat high enough to give us a command of the table; not to help any one too much at a time; not to give the nice parts all to one person; but, to distribute them, if possible, among the whole, or the best to those of superior rank, in preference to those of inferior, and not to cut the slices too thick or too thin, and to help them to gravy, removing the cold fat that swims on it, in cold weather; but it is generally best to ask our friends what part they like best.

We will then begin with those joints, &c. that are simple and easy to be carved, and afterwards proceed to such as are more complicate and difficult.

LEG OF MUTTON.

This cut represents a leg or *Jigot* of boiled mutton, it should be served up in the dish as it lies, lying upon its back; but when roasted,

the under side, as here represented by the letter *d*, should lie uppermost in the dish, as in a ham, (which see) and in this case, as it will be necessary occasionally to turn it so, as to get readily at the underside, and cut it in the direction of *a*, *b*, the shank, which is here broken and bent, for the conveniency of putting into a less pot or vessel to boil it, is not broken or bent in a roasted



joint, of course, should be wound round (after it is taken off the spit,) with half a sheet of writing paper, and so sent up to table, that a person carving it may take hold of it, without greasing his hands. Accordingly when he wishes to cut it on the underside, it being too heavy a joint to be easily

turned with a fork, the carver is to take hold of the shank with his left hand, and he will thus be able to turn it readily, so as to cut it where he pleases, with his right.

A leg of wether mutton, which is by far the best flavoured, may be readily known when bought, by the kernel, or little round lump of fat, just above the letters, *a, e*.

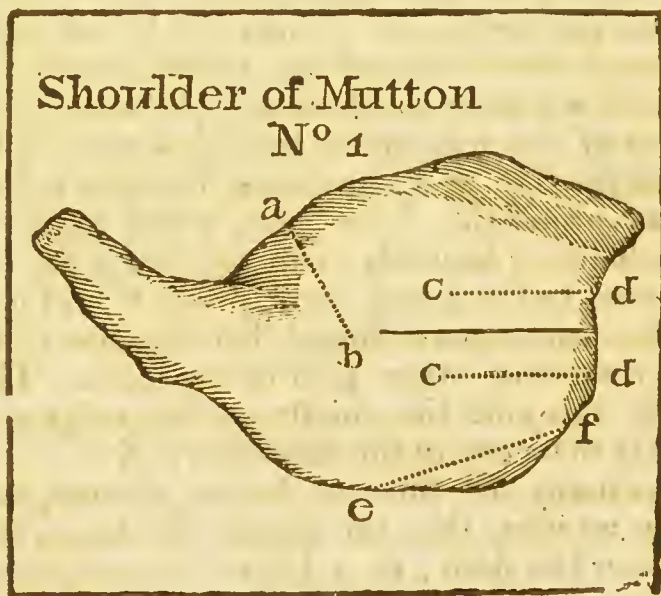
When a leg of mutton is first cut, the person carving, should turn the joint towards him, as it here lies, the shank to the left hand; then holding it steady with his fork, he should cut in deep on the fleshy part, in the hollow of the thigh, quite to the bone, in the direction *a, b*. Thus will he cut right through the kernel of fat, called the *Pope's eye*, which many are fond of. The most juicy parts of the leg, are in the thick part of it, from the line *a, b*, upwards, towards *e*, but many prefer the dryer part, which is about the shank or knuckle; this part is by far the coarser, but as I said, some prefer it and call it the venison part, though it is less like venison than any other part of the joint. The fat of this joint lies chiefly on the ridge *e, e*, and is to be cut in the direction *e, f*.

As many are fond of having a bone, and have an idea, that the nearer the bone, the sweeter the flesh; in a leg of mutton, there is but one bone readily to be got at, and that a small one; this is the *Cramp-bone* by some called the *Gentleman's-bone*, and is to be cut out, by taking hold of the shank-bone with

the left hand, and with a knife, cutting down to the thigh-bone at the point *d*, then passing the knife under the cramp-bone, in the direction *d*, *c*, it may easily be cut out.

SHOULDER OF MUTTON.

Figure 1. represents a shoulder of mutton, which is sometimes salted and boiled by fanciful people ; but customarily served up roasted, and is laid in a dish, with the back or upper side uppermost, as here represented.



When not over roasted it is a joint very full of gravy, much more so than a leg, and as such, by many preferred, and particularly

as having many very good delicate, and savory parts in it.

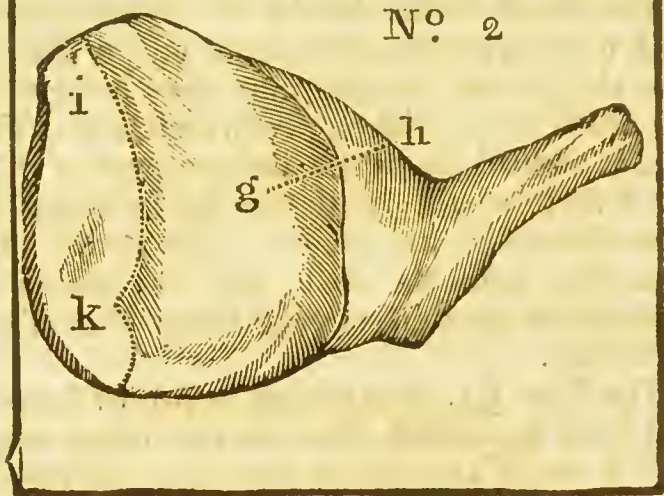
The shank-bone should be wound round with writing paper, as pointed out in the leg, that the person carving may take hold of it, to turn it as he wishes. Now, when it is first cut, it should be in the hollow part of it, in the direction *a, b*, and the knife should be passed deep to the bone. The gravy then runs fast into the dish, and the part cut, opens wide enough, to take many slices from it readily.

The best fat, that which is full of kernels and best flavoured, lies on the outer edge, and is to be cut out in thin slices in the direction *e, f*. If many are at table, and the hollow part cut in the line *a, b*, is all eaten, some very good and delicate slices may be cut out, on each side the ridge of the blade-bone, in the direction *c, d*. The line between these two dotted lines, is that, in the direction of which the edge or ridge of the blade-bone lies, and cannot be cut across.

On the under side of the shoulder, as represented in figure 2, there are two parts, very full of gravy, and such as many persons prefer to those of the upper-side. One is a deep cut, in the direction *g, h*, accompanied with fat, and the other all lean, in a line from *i*, to *k*. The parts about the shank are coarse and dry, as about the knuckle, in the leg; but yet some prefer this dry part,

a Shoulder of Mutton

N^o 2



as being less rich or luscious, and of course, less apt to cloy.

A shoulder of mutton over-roasted is spoilt.

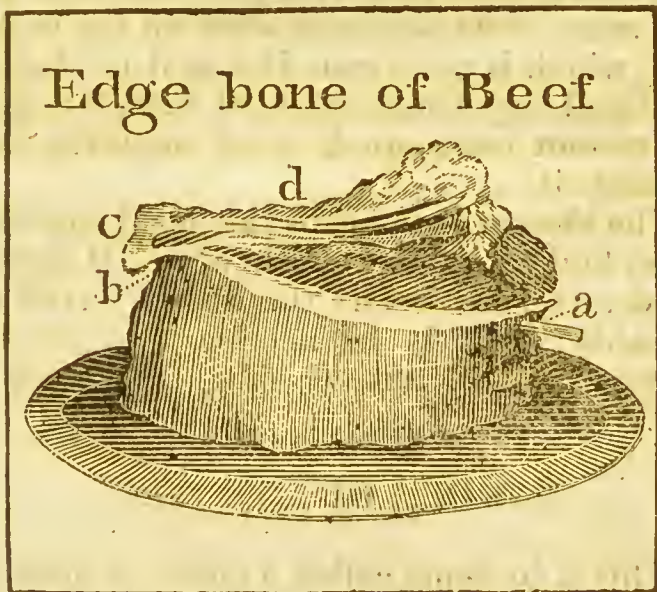
A LEG OF PORK,

Whether boiled or roasted, is sent up to table as a leg of mutton roasted, and cut up in the same manner; of course, I shall refer you to what I have said on that joint, only that the close firm flesh about the knuckle is by many reckoned the best, which is not the case in a leg of mutton.

A Shoulder of Pork is never cut or sent to table as such, but the shank-bone, with some little meat annexed, is often served up boiled, and called a Spring, and is very good eating.

EDGE-BONE OF BEEF.

As this work is not a critical investigation of words, but relates merely to the Art of Carving, I shall not give my reasons for calling it an *Edge-bone*, in preference to *Isch-bone*, which is, in fact, the true name from *Ischium*, Latin for the hip-bone, the former being that by which it is generally known. The following is a representation of it, and it is a favourite joint at table.



In carving it, as the outside suffers in its flavour, from the water in which it is boiled, the dish should be turned towards the carver, as it is here represented ; and a thick slice

should be first cut off, the whole length of the joint, beginning at *a*, and cutting it all the way even and through the whole surface, from *a* to *b*.

The soft fat, that resembles marrow, lies on the back below the letter *d*, and the firm fat is to be cut in thin horizontal slices at the point *c*; but as some persons prefer the soft fat, and others the firm, each should be asked what he likes.

The upper-part as here shewn, is certainly the handsomest, fullest of gravy, most tender, and is encircled with fat; but there are still some, who prefer a slice on the under side, which is quite lean. But as it is a heavy joint and very troublesome to turn, that person cannot have much good manners, who requests it.

The skewer that keeps the meat together when boiling, is here shewn at *a*. It should be drawn out, before the dish is served up to table; or if it be necessary to leave a skewer in, that skewer should be a silver one.

SADDLE OF MUTTON.

This is by some called a chine of mutton, the saddle being the two necks, but as the two necks are now seldom sent to table together, they call the two loins a saddle.

A saddle of mutton is a genteel and handsome dish, it consists of the two loins toge-

a Saddle of Mutton



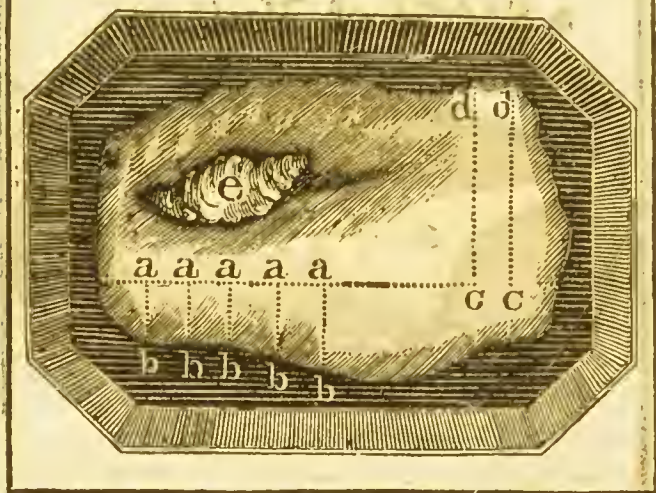
ther, the back-bone running down the middle, to the tail. Of course, when it is to be carved, you must cut a long slice in either of the fleshy parts, on the side of the back-bone, in the direction *a*, *b*.

There is seldom any great length of the tail left on, but if it is sent up with the tail, many are fond of it, and it may be readily be divided into several pieces, by cutting between the joints of the tail, which are about the distance of one inch apart.

A BREAST OF VEAL roasted.

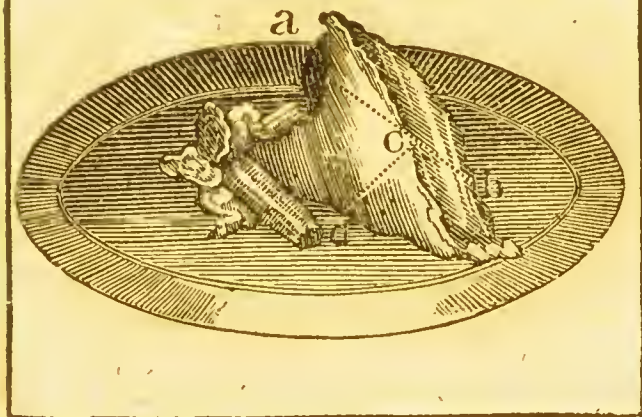
This is the best end of a breast of veal, with the sweet bread lying on it, and when

a Breast of Veal roasted



carved, should be first cut down quite through, in the first line on the left, *d*, *c*; it should next be cut, across in the line, *a*, *c*, from *c*, to the last *a*, on the left, quite through dividing the gristles from the rib-bones; this done, to those who like fat and gristle, the thick or gristly part should be cut into pieces, as wanted, in the lines *a*, *b*. When a breast of veal is cut into pieces and stewed, these gristles are very tender, and eatable. To such persons as prefer a bone, a rib should be cut or separated from the rest, in the line *d*, *g*, and with a part of the breast, a slice of the sweet-bread, *e*, cut across the middle.

a Knuckle of Veal

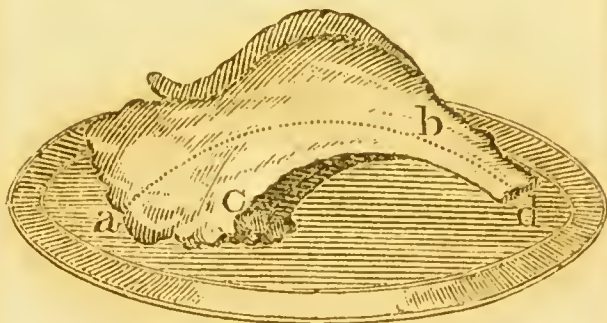


A knuckle of veal is always boiled, and is admired for the fat, sinewy, tendons about the knuckle, which if boiled tender, are much esteemed. A lean knuckle is not worth the dressing.

You cannot cut a handsome slice, but in the direction *a, b*. The most delicate fat lies about the part *d*, and if cut in the line *d, c*, you will divide two bones, between which, lies plenty of fine marrowy fat.

The several bones about the knuckle, may be readily separated at the joints, and as they are covered with tendons, a bone may be given to those who like it.

a Spare-rib of Pork



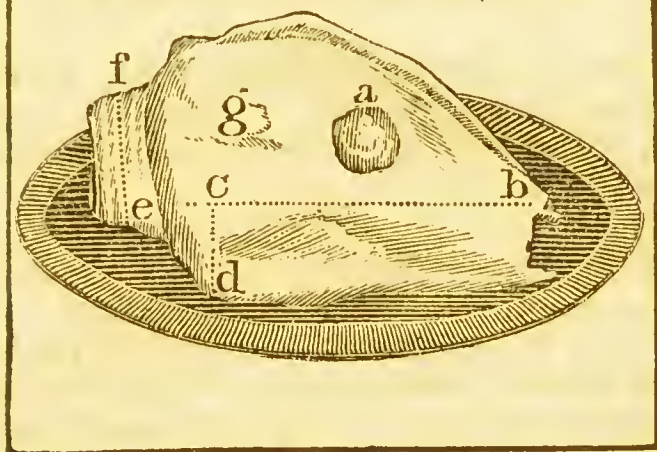
A spare-rib of pork is carved, by cutting out a slice from the fleshy part, in the line *a, b*. This joint will afford many good cuts in this direction, with as much fat as people like to eat of such strong meat. When the fleshy part is cut away, a bone may be easily separated from the next to it, in the line *d, b, c*, disjuncting it at *c*.

Few pork-eaters are fond of gravy, it being too strong: on this account it is eaten with apple sauce.

HALF A CALF'S HEAD, *boiled*.

There are many delicate bits about a calf's head, and when young, perfectly white, fat, and well-dressed, half a head is a genteel dish, if a small one.

Half a Calf's Head boild.



When first cut, it should be quite along the cheek bone, in the fleshy part, in the direction *c. b*, where many handsome slices may be cut. In the fleshy part, at the end of the jaw-bone, lies part of the throat sweet-bread, which may be cut into, in the line *c, d*, and which is esteemed the best part in the head. Many like the eye, which is to be cut from its socket *a*, by forcing the point of a carving knife down to the bottom on one edge of the socket, and cutting quite round, keeping the point of the knife slanting towards the middle, so as to separate the meat from the bone. This piece is seldom divided, but if you wish to oblige two persons with it, it may be cut into two parts. The palate is also reckoned by some a delicate morsel; this is

found on the under-side of the roof of the mouth, it is a crinkled, white thick skin, and may be easily separated from the bone by the knife, by lifting the head up with your left hand.

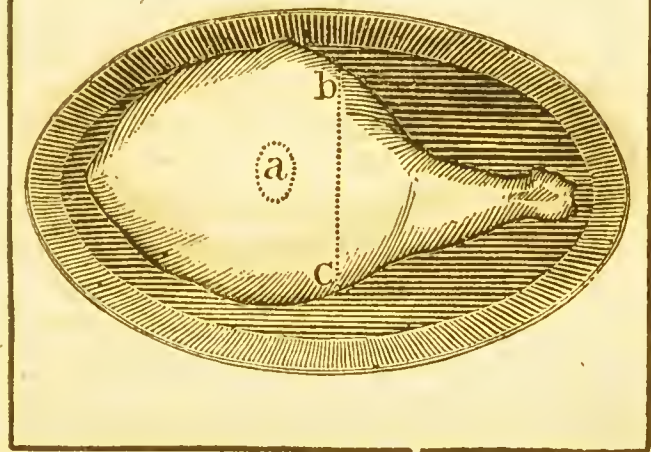
There is also some good meat to be met with on the under side, covering the under jaw, and some nice gristly fat to be pared off about the ear, g.

There are scarce any bones here to be separated; but one may be cut off, at the neck, in the line *f, e*, but this is a coarse part.

There is a tooth in the upper jaw, the last tooth behind, which having several cells, and being full of jelly, is called the sweet tooth. Its delicacy is more in the name than any thing else. It is a double tooth, lies firm in its socket, at the further end, but if the calf was a young one, may be readily taken out with the point of a knife.

In serving your guest with a slice of head, you should inquire whether he would have any of the tongue or brains, which are generally served up in a separate dish, in which case, a slice from the thick part of the tongue near the root is best. Sometimes the brains are made up into small cakes, fried, and put round to ornament it; when so, give one of these cakes.

a Ham

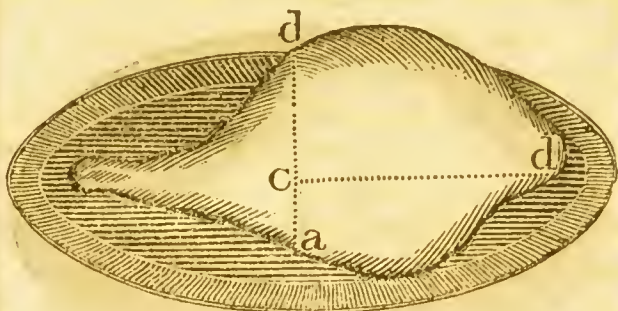


A ham is cut two ways, across in the line *b, c*, or, with the point of the carving knife, in the circular line in the middle, taking out a small piece as at *a*, and cutting thin slices in a circular direction, thus enlarging it by degrees. This last method of cutting it, is to preserve the gravy and keep it moist; which is thus prevented from running out.

HAUNCH OF VENISON.

In carving a haunch of venison, first cut it: across down to the bone, in the line *d, c, a*, then turn the dish with the end *a*, towards you, put in the point of the knife at *c*, and cut it down as deep as you can in the direction *c, d*; thus cut, you may take out as many

a Haunch of Venison.

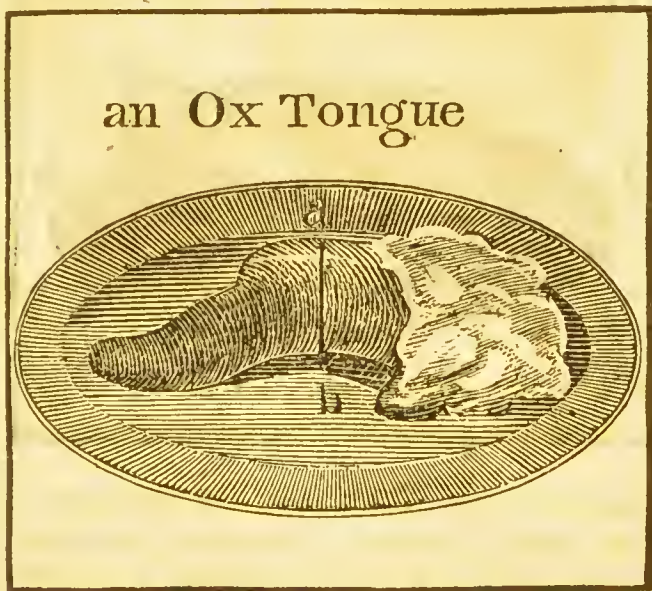


slices as you please, on the right or left. As the fat lies deeper on the left, between *d*, and *a*, to those who are fond of fat, as most venison-eaters are, the best flavoured and fattest slices will be found on the right of the line *c, d*, supposing the end *a* turned towards you. Slices of venison should not be cut thick, nor too thin, and plenty of gravy should be given with them; but, as there is a particular sauce made for this meat, with red wine and currant jelly, your guest should be asked, if he pleases to have any.

As the fat of venison is very apt to cool and get hard and disagreeable to the palate, it should always be served up on a water-dish, and if your company is large, and the joint is a long time on the table, a lamp should be

sent for, and a few slices of fat and lean, with some of the gravy, are presently heated over it, either in a silver or a pewter plate. This is always done at table, and the sight of the lamp never fails to give pleasure to your company.

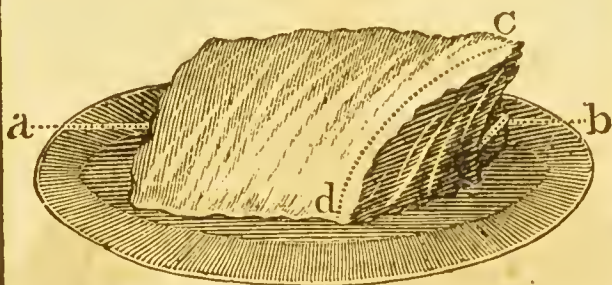
an Ox Tongue



A tongue is to be cut across, in the line *a, b*, and a slice taken from thence. The most tender and juicy slices will be about the middle, or between the line *a, b*, and the root. Towards the tip, the meat is closer and dryer. For the fat, and a kernel with that fat, cut off a slice of the root on the right of the letter *b*, at the bottom next the dish. A tongue is generally eaten with white meat, veal, chicken, or turkey, and to those whom you

serve with the latter, you should give a slice of the former. if agreeable!!!

a Piece of a Sir-loin of Beef



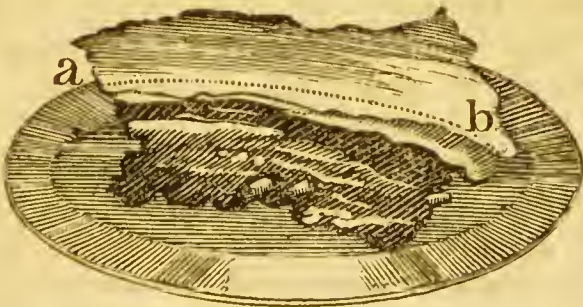
Whether the whole sirloin or part of it only be sent to table, is immaterial, with respect to carving it. The figure here represents part of the joint only, the whole being too large for families in general. It is drawn as standing up in the dish, in order to shew the inside or under part; but when sent to table, it is always laid down, so as that the part described by the letter *c*, lies close on the dish. The part *c, d*, then lies uppermost, and the line *a, b*, underneath.

The meat on the upper side of the ribs, is firmer, and of a closer texture, than the fleshy part underneath, which is by far the

most tender ; of course, some prefer one part, and some another.

To those who like the upper side, and would rather not have the first cut or outside slice, that outside slice should be first cut off, quite down to the bone, in the direction *c, d*. Plenty of soft, marrowy fat will be found underneath the ribs. If a person wishes to have a slice underneath, the joint must be turned up, by taking hold of the end of the ribs with the left hand, and raising it, 'till it is in the position as here represented. One slice or more may now be cut in the direction of the line *a, b*, passing the knife down to the bone. The slices, whether on the upper or under side, should be cut thin, but not too much so.

a Brisket of Beef



This is a part always boiled, and is to be cut in the direction *a*, *b*, quite down to the bone, but never help any one to the outside slice, which should be taken off pretty thick. The fat cut with this slice is a firm gristly fat, but a softer fat will be found underneath, for those who prefer it.

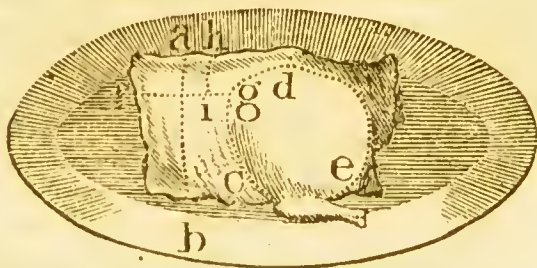
A BUTTOCK OF BEEF.

Is always boiled, and requires no print to point out how it should be carved. A thick slice should be cut off all round the buttock, that your friends may be helped to the juicy and prime part of it. Thus cut into, thin slices may be cut from the top; but, as it is a dish that is frequently brought to table cold, a second day, it should always be cut handsome and even. To those to whom a slice all round would be too much, a third of the round may be given, with a thin slice of fat. On one side there is a part whiter than ordinary, by some called the white muscle. In Wiltshire and the neighbouring counties, a buttock is generally divided, and this white part sold separate as a delicacy, but it is by no means so, the meat being close and dry, whereas the darker coloured parts, though apparently of a coarser grain, are of a looser texture, more tender, fuller of gravy, and better flavoured; and men of distinguishing palates ever prefer them.

A FILLET OF VEAL,

Which is the thigh part, similar to a buttock of beef, is brought to table always in the same form, but roasted. The outside slice of the fillet, is by many thought a delicacy, as being most savoury; but, it does not follow, that every one likes it; each person should therefore be asked, what part they prefer. If not the outside, cut off a thin slice, and the second cut will be white meat, but cut it even and close to the bone. A fillet of veal is generally stuffed under the skirt or flap with a savoury pudding, called forced-meat. This is to be cut deep into, in a line with the surface of the fillet, and a thin slice taken out; this, with a little fat cut from the skirt, should be given to each person present.

a. Quarter of Lamb



FORE-QUARTER, *roasted.*

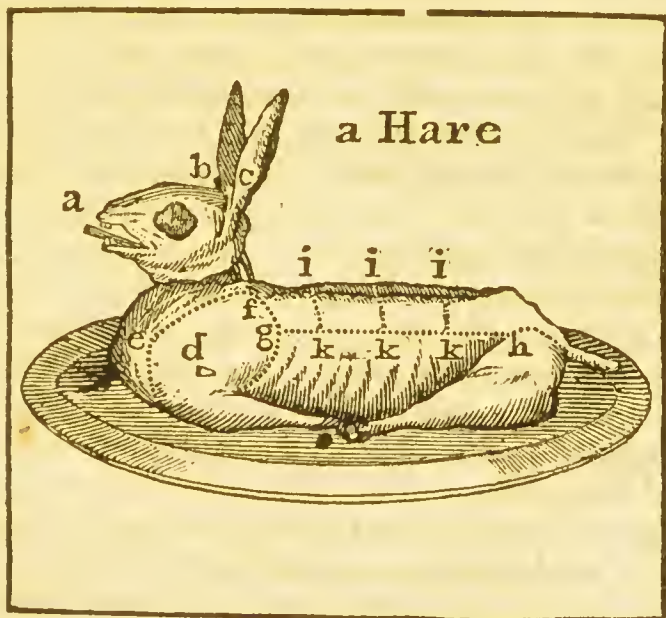
Before any one is helped to part of this joint, the shoulder should be separated from the breast, or what is by some called the Coast; by passing the knife under, in the direction *c, g, d, e*. The shoulder being thus removed, a lemon or orange should be squeezed upon the part, and then sprinkled with salt where the shoulder joined it, and the shoulder should be laid on it again. The gristly part should next be separated from the ribs, in the line *f, d*. It is now in readiness to be divided among the company. The ribs are generally most esteemed, and one or two may be separated from the rest, in the line *a, b*; or, to those who prefer the gristly part, a piece or two, or more, may be cut off in the lines *h, i, &c.* Though all parts of young lamb are nice, the shoulder of a fore quarter is the least thought of; it is not so rich.

If the fore-quarter is that of grass lamb and large, the shoulder should be put into another dish when taken off; and it is carved as a shoulder of mutton; which see.

A ROASTED PIG.

A roasted pig is seldom sent to table whole, the head is cut off by the cook, and the body split down the back, and served up as here represented; and the dish garnished, with the chaps and ears.

Before any one is helped, the shoulder should be separated from the carcase, by passing the knife under it, in the circular direction, and the leg separated in the same manner, in the dotted lines *c, d, e*. The most delicate part in the whole pig, is the triangular piece of the neck, which may be cut off in the line *f, g*. The next best parts are the ribs, which may be divided in the line *a, b, &c*. Indeed the bones of a pig of three weeks old, are little else than gristle, and may be easily cut through; next to these, are pieces cut from the leg and shoulder. Some are fond of an ear, and others of a chap, and those persons may readily be gratified.



This is a hare as trussed and sent up to table. A skewer is run through the two shoul-

ders (or wings as some call them,) the point of which is shewn at *d*, another is passed through the mouth at *a*, into the body, to keep the head in its place; and two others, through the roots of the ears, in the direction *b, f*, to keep the ears erect. The skewers are seldom removed 'till the hare is cut up.

Now, there are two ways of cutting it up. The genteelest, best, and readiest way, is to put in the point of the knife at *g*, and cut it through, all the way down to the rump, on the side of the back-bone, in the line *g, h*. This done, cut it similarly on the other side, at an equal distance from the back-bone. The body is thus divided into three. You have now an opportunity of cutting the back through the spine or back-bone, into several small pieces, more or less, in the lines *i, k*, the back being by far the tenderest part, fullest of gravy, and the grèatest delicate. With a part of the back should be given a spoonful of pudding, with which the belly is stuffed, below the letter *k*, and which is now easily to be got at. Having thus separated the legs from the back-bone, they are easily cut from the belly. The legs are the next in estimation, but their meat is closer, firmer, and less juicy. The shoulders or wings are to be cut off in the circular dotted line *e, f, g*. The shoulders are generally bloody; but many like the blood, and of course, prefer the shoulder to the leg. In a large hare, a whole leg is too much to be given to any one

person, at one time ; it should therefore be divided, and the best part of the leg, is the fleshy part of the thigh at *h*, which should be cut off.

Some like the head, brains and bloody part of the neck ; before then you begin to dissect the head, cut off the ears at the roots, which if roasted crisp, many are fond of, and may be asked if they please to have one.

Now, the head should be divided ; for this purpose it should be taken on a clean plate, so as to be under your hand, and turning the nose to you, hold it steady with your fork, that it does not fly from under the knife ; you are then to put the point of the knife into the skull between the ears, and by forcing it down, as soon as it has made its way, you may easily divide the head into two, by cutting with some degree of strength quite down through to the nose. Half the head may be given to any person that likes it.

But this mode of cutting up a hare can only be done with ease, when the animal is young. If it be an old hare, the best method is, to put your knife pretty close to the backbone, and cut off one leg, but as the hip-bone will be in your way, the back of the hare must be turned towards you, and you must endeavour to hit the joint between the hip and the thigh-bone. When you have separated one, cut off the other, then cut out a long narrow slice or two on each side the

back-bone, in the direction *g, h*; this done, divide the back-bone into two, three, or more parts, passing your knife between the several joints of the back, which may readily be effected with a little attention and patience.

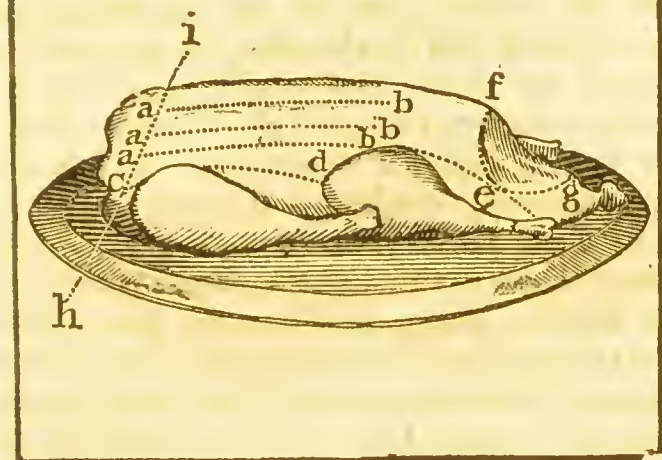
A RABBIT

Is trussed like a hare, and cut up in the same way, only as being much smaller, after the legs are separated from the body, the back is divided into two or three parts, without dividing it from the belly, but cutting it in the line *g, h*, as in the hare; and, instead of dividing the head in two, a whole head is given to a person who likes it, the ears being removed, before the rabbit is served up. Many like the wing, i. e. the shoulder part.

A GOOSE,

Like a turkey is seldom quite dissected, unless the company is large; but when it is, the following is the method. Turn the neck towards you, and cut two or three long slices on each side the breast, in the lines *a, b*, quite to the bone. Cut these slices from the bone, which done, proceed to take off the leg, by turning the goose up on one side, putting the fork through the small end of the leg-bone, pressing it close to the body, which when the knife is entered at *d*, raises the joint from the body.

a Goofe



The knife is then to be passed under the leg in the direction *d, e*. If the leg hangs to the carcass at the joint *e*, turn it back with the fork, and it will readily separate, if the goose is young; in old geese it will require some strength to separate it. When the leg is off, proceed to take off the wing, by passing the fork through the small end of the pinion, pressing it close to the body, and entering the knife at the notch *c*, and passing it under the wing, in the direction *c, d*. It is a nice thing to hit this notch *c*, as it is not so visible in the bird as in the figure. If the knife is put into the notch above it, you cut upon the neck-bone, and not on the wing joint. A little practice will soon teach the difference, and if the goose is young, the

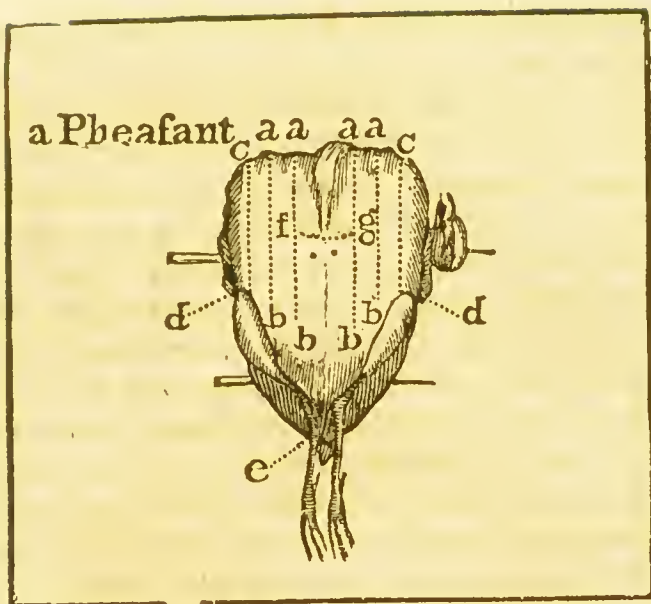
trouble is not great, but very much otherwise if the bird is an old one.

When the leg and wing on one side are taken off, take them off on the other side; cut off the apron in the line *f*, *e*, *g*, and then take off the merry-thought in the line *i*, *h*. The neck-bones are next to be separated as in a fowl, and all other parts divided as there directed, to which I refer you.

The best parts of a goose are in the following order; the breast-slices; the fleshy part of the wing, which may be divided from the pinion; the thigh-bone, which may be easily divided in the joint from the leg-bone, or drum-stick, as it is called; the pinion, and next the side-bones. To those who like sage and onion, draw it out with a spoon from the body, at the place where the apron is taken from, and mix it with the gravy, which should first be poured from the boat into the body of the goose, before any one is helped. The rump is a nice bit to those who like it. It is often peppered and salted, and sent down to be broiled, and is then called a devil, as I have mentioned in speaking of a turkey. Even the carcase of a goose, by some is preferred to other parts, as being more juicy and more savoury.

A GREEN GOOSE,

Is cut up in the same way, but the most delicate part is the breast and the gristle, at the lower part of it.



The pheasant, as here represented, is skewered and trussed for the spit, with the head tucked under one of the wings, but when sent to table, the skewers are withdrawn.

In carving this bird, the fork should be fixed in the breast, in the two dots there marked. You have then the command of the fowl, and can turn it as you please; slice down the breast in the lines *a*, *b*, and then proceed to take off the leg on one side, in the direction *d*, *e*, or in the circular dotted line *b*, *d*, as see in the figure of the fowl, page 46. This done, cut off the wing on the same side, in the line *c*, *d*, in the figure above, and *a*, *h*, *b*, in the figure of the fowl, page 46, which is represented lying on one side, with its back towards us. Having separated the leg and wing on one side, do the same on the

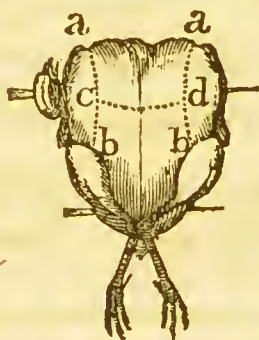
other, and then cut off, or separate from the breast-bone, on each side of the breast, the parts you before sliced or cut down. In taking off the wing, be attentive, and cut it in the notch *a*, as seen in the print of the fowl, for, if you cut too near the neck, as at *g*, you will find the neck-bone interfere. The wing is to be separated from the neck-bone. Next cut off the merry-thought in the line *f, g*, by passing the knife under it towards the neck. The remaining parts are to be cut up, as it is described in the fowl, which see. Some persons like the head, for the sake of the brains. A pheasant is seldom all cut up, but the several parts separated, as they are found to be wanted.

The best parts of a pheasant, are the white parts, first the breast, next the wings, and next the merry-thought; but, if your company is large, in order to distribute the parts equally between them, give part of a leg, with a slice of the breast, or a side's-bone with the merry-thought, or divide the wing in two, cutting off part of the white fleshy part from the pinion.

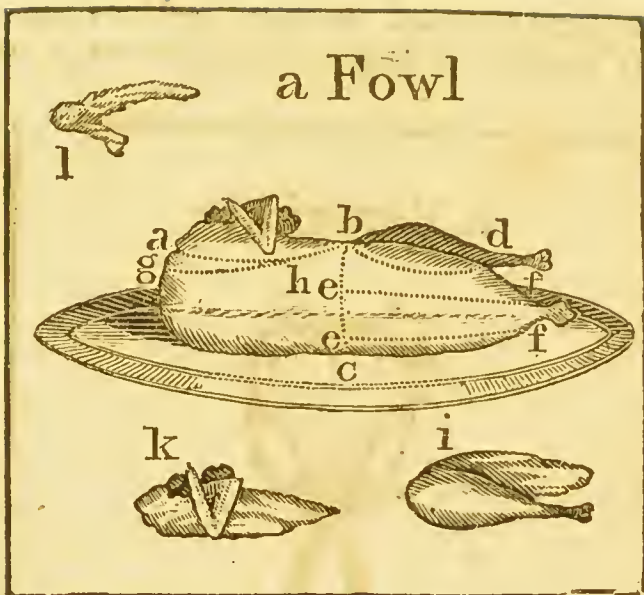
The partridge, like the pheasant, is here trussed for the spit; when served up, the skewers are withdrawn. It is cut up, like a fowl, (which see,) the wings taken off in the lines *a, b*, and the merry-thought in the line *c, d*. Of a partridge, the prime parts are the white ones, *viz.* the wings, breast, and merry-thought. The wing is thought the best, the

tip being reckoned the most delicate morsel of the whole. If your company is large, and

a Partridge



you have but a brace of birds, rather than give offence, in distributing the several parts amongst them, the most polite method is to cut up the brace, agreeable to the directions given for cutting up a fowl; and sending a plate with the several parts round to your company, according to their rank or the respect you bear them. Their modesty then will lead them not to take the best parts, and he that is last served, will stand a chance to get the nicest bit; for, a person will perhaps take a leg himself, who would be offended, if you sent him one.

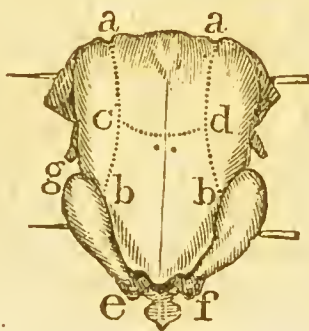


The fowl is here represented as lying on its side, with one of the legs, wing, and neck-bone, taken off. It is cut up the same way, whether it be roasted or boiled. A roasted fowl is sent to table, trussed like a pheasant, (which see,) except, that instead of the head being tucked under one of the wings, it is, in a fowl, cut off before it is dressed. A boiled fowl is represented in the next page, the leg-bones of which are bent inwards, and tucked in, within the belly; but the skewers are withdrawn, prior to its being sent to table. In order to cut up a fowl, it is best to take it on your plate.

Having shewn how to take off the legs, wings, and merry-thought, when speaking of the pheasant; it remains only to shew,

how the other parts are divided; *k*, is the wing cut off, *i*, the leg. When the leg, wing, and merry-thought are removed, the next thing is, to cut off the neck-bones described at *l*. This is done by putting in the knife at *g*, and passing it under the long broad part of the bone in the line *g, h*, then lifting it up and breaking off the end of the shorter part of the bone, which cleaves to the breast-bone. All parts being thus separated from the carcase, divide the breast from the back, by cutting through the tender ribs on each side, from the neck quite down to the vent or tail. Then lay the back up-

Boild Fowl



wards on your plate, fix your fork under the rump, and laying the edge of your knife in

the line *b, e, c*, and pressing it down, lift up the tail or lower part of the back, and it will readily divide with the help of your knife, in the line *b, e, c*. This done, lay the croup or lower part of the back upwards in your plate, with the rump from you, and with your knife cut off the side-bones, by forcing the knife through the rump-bone, in the lines *e, f*, and the whole fowl is completely carved.

Of a fowl, the prime part, are the wings, breast, and merry-thought, and next to these, the neck-bones and side-bones; the legs are rather coarse; of a boiled fowl the legs are rather more tender, but of a chicken, every part is juicy and good, and next to the breast, the legs are certainly the fullest of gravy, and the sweetest; and as the thigh-bones are very tender and easily broken with the teeth, the gristles and marrow render them a delicacy. Of the leg of a fowl, the thigh is abundantly the best, and when given to any one of your company, it should be separated from the drum-stick, at the joint *i*, (see the cut, *viz.* a Fowl, page 46,) which is easily done, if the knife is introduced underneath, in the hollow, and the thigh-bone turned back from the leg-bone.

A TURKEY,

Roasted or boiled, is trussed and sent up to table like a fowl, and cut up in every respect like a pheasant. The best parts are the

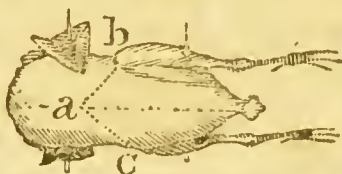
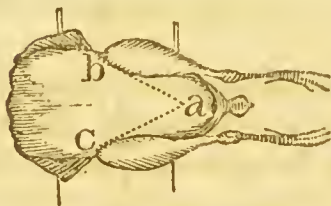
white ones, the breast, wings, and neck-bones. Merry-thought it has none; the neck is taken away, and the hollow part under the breast stuffed with forced meat, which is to be cut in thin slices in the direction from the rump to the neck, and a slice given with each piece of turkey. It is customary not to cut up more than the breast of this bird, and if any more is wanted to take off one of the wings.

Some epicures are very fond of the gizzard and rump, peppered well, salted and broiled, which they call a *Devil*. When this is to be done, it is generally sliced a little way in the substance, in several parts of it, with the knife, peppered and salted a little, and sent down to be broiled, and when brought up, it is divided into parts and handed round to the company, as a *bonne bouche*.

A PIDGEON.

This is the representation of the back and breast of a pidgeon. No. 1. the back; No. 2. the breast. It is sometimes cut up as a chicken, but as the croup, or lower part, with the thigh, is most preferred, and as a pidgeon is a small bird, and half a one not too much to serve at once, it is seldom carved now, otherwise than by fixing the fork at the point *a*, entering the knife just before it, and dividing the pidgeon into two, cutting away

a Pidgeon

N^o 1N^o 2

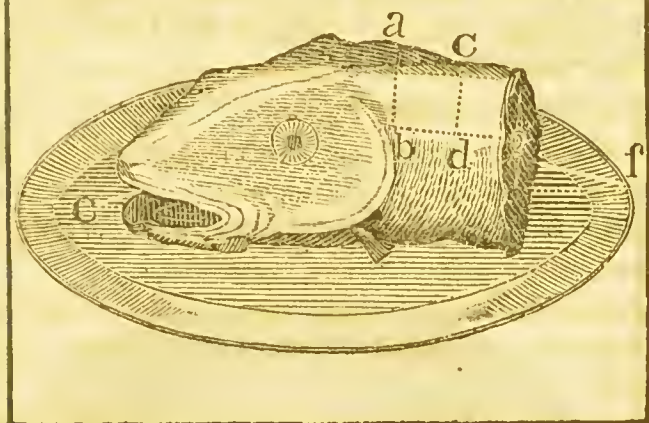
in the lines *a b*, and *a, c*, No. 1; at the same time, bringing the knife out at the back, in the direction *a, b*, and *a, c*, No. 2.

A COD's HEAD.

Fish in general, requires very little carving, the middle or thickest part of a fish, is generally esteemed the best; except in a carp, the most delicate part of which is the palate. This is seldom however taken out, but the whole head is given to those who like it. The thin part about the tail of a fish is generally least esteemed.

A cod's head and shoulders, if large, and in season, is a very genteel and handsome dish, if nicely boiled. When cut, it should

a Cod's Head

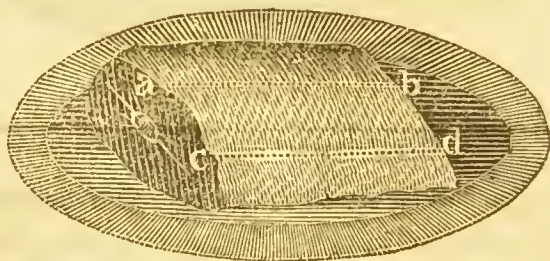


be done with a spoon or fish-trowel; the parts about the back-bone on the shoulders, are the most firm and best; take off a piece quite down to the bone, in the direction *a, b, d, c*, putting in the spoon at *a, c*, and with each slice of fish give a piece of the sound, which lies underneath the back-bone and lines it, the meat of which is thin and a little darker coloured, than the body of the fish itself; this may be got, by passing a knife or spoon underneath, in the direction *e. s.*

There are a great many delicate parts about the head, some firm kernels, and a great deal of the jelly kind. The jelly parts lie about the jaw-bone, the firm parts within

the head, which must be broken into with a spoon. Some like the palate and some the tongue, which likewise may be got, by putting a spoon into the mouth, in the direction of the line *e, s.* The green jelly of the eye is never given to any one.

a Piece of Boiled Salmon



Of boiled salmon there is one part more fat and rich than the other. The belly part is the fattest of the two, and it is customary to give to those that like both, a thin slice of each: for the one, cut it out of the belly-part in the direction *d, c*, the other out of the back, in the line *a, b*. Those who are fond of salmon, generally like the skin, of course, the slices are to be cut thin, skin and all.

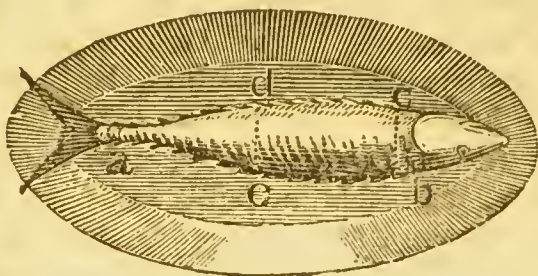
There are but few directions necessary for cutting up and serving fish. In *Turbot*, the fish-knife or trowel is to be entered in the centre or middle over the back-bone, and a piece of the fish, as much as will lie on the trowel, to be taken off on one side close to the bones. The thickest part of the fish is always most esteemed, but not too near the head or tail; and, when the meat on one side of the fish is removed close to the bones, the whole back bone is to be raised with the knife and fork, and the under-side is then to be divided among the company. Turbot-eaters esteem the fins a delicate part.

Soals are generally sent to table two ways, some fried, others boiled; these are to be cut right through the middle, bone and all, and a piece of the fish, perhaps a third or fourth part, according to it's size, given to each. The same may be done with other fishes, cutting them across, as may be seen in the cut of the mackrell, *d, e, e, b*.

A MACKRELL.

A Mackrell is to be thus cut. Slit the fish all along the back with a knife, in the line *a, e, b*, and take off one whole side, as far as the line *b, c*, not too near the head, as the meat about the gills is generally black and ill-flavoured. The roe of a male fish is soft like the brain of a calf, the roe of the

a Mackarel



female fish is full of small eggs, and hard. Some prefer one and some another, and part of such roe as your friend likes should be given to him.

The meat about the tail of all fish, is generally thin and least esteemed, and few like the head of a fish, except it be that of a carp, the palate of which is esteemed the greatest delicacy of the whole.

Eels are cut into pieces through the bone, and the thickest part is reckoned the prime piece.

There is some art in dressing a *Lobster*, but as this is seldom sent up to table whole, I will only say, that the tail is reckoned the prime part, and next to this the claws.

There are many little directions that might be given to young people with respect to other articles brought to table: but, as observation will be their best director, in matters simple in themselves, I shall not swell this work in pointing them out. Where there is any difficulty in carving I have endeavoured to remove it, and trust, that the rules I have laid down will, with a little practice, make the reader a proficient in this art, which may be truly called a polite accomplishment.

In addition to this little volume, I must recommend to young housekeepers a book the result of much study and contrivance, called **DOMESTIC MANAGEMENT**, price two shillings, wherein is given the judicious method Lady Stanhope practised in the arrangement of her family. It contains also every rule that is necessary for servants in all departments to observe, so as to time their work well, and do it with little trouble to themselves, I conceive if mistresses were to put this into the hands of their servants, and oblige them to pursue the methods there laid down, they would soon find their account in it, from the order that would follow, and fewer servants than usual would be necessary.

On Marketing.

IT is by no means advisable to deal with one butcher, unless you can agree to have all your meat, viz. beef, mutton, veal, lamb and pork, weighed in together at the same price, all the year round; for butchers are apt to charge occasionally for a joint you never had, and they will always reckon into the weight half pounds and quarters of pounds, which, in laying out your money at a market, you may always get abated; so you may now and then an odd penny in a joint of meat: all which at the year's end tells.

Good meat should not look lean, dry; or shrivelled; the fleshy part should be of a bright red, and the fat of a clear white. When the flesh looks pale, and the fat yellow, the meat is not good. Cow-beef is worth a penny a pound less than ox-beef; except it be the meat of a maiden heifer, which in a buttock, you may know by the udder.

BEEF.

The lean parts of ox-beef will have an open grain; if young, it will have a tender

and oily smoothness, except in the neck and brisket, which are fibrous parts; if old, the meat will be rough and spongy.

Cow-beef is closer grained, and the meat not so firm as ox-beef; the fat is whiter, but the lean paler; press the fleshy part with your finger, and if young it will leave no dent, but the dent you make will rise up again soon after.

Bull-beef is close grained, of a deep dusky red, tough when you pinch it; the fat is skinny, hard, and has a rankish smell.—Meat is sometimes bruised, and those parts look blacker than the rest.

In buying a buttock of beef, take care you do not buy what they call the mouse-buttock for the prime one. The difference is easily known; the prime buttock is first cut off the leg, and is the thickest; the mouse-buttock is thinner, and, cut off the leg, between the buttock and the leg-bone, is coarse meat, and not worth so much by a penny a pound.

A bullock's tongue should look plump, clear, and bright, not of a blackish hue.

MUTTON.

If mutton be young, the flesh will feel tender when pinched; if old, it will wrinkle up, and remain so; if young, the fat will readily separate from the lean; if old, it will stick by strings and skins. The fat of ram-mut-

ton feels spongy, the flesh close-grained and tough, not rising again when dented by the finger. If the sheep was rotten, the flesh will be pale; the fat, a faint white, inclining to yellow, and the flesh will be loose at the bone. If you squeeze it hard, some drops of water will stand on it like sweat. As to the freshness or staleness, you may know them by the same marks as in lamb, (which see) Fat mutton is by far the best. A wether, five years old, if it can be got, is the most delicious; its natural gravy is brown. If after mutton is dressed, the flesh readily and cleanly parts from the bone, the sheep had the rot. Ewe-mutton is worth a penny a pound less than wether, the flesh paler, the grain closer, and the leg of a ewe may be known by the udder on its skirt; a leg of wether-mutton is distinguishable by a round lump of fat on the inside of the thigh. In a shoulder, the shank-bone is more slender than that of a wether, and the upper part of the leg near the shoulder of a ewe is less fleshy, and not apparently so strong, fat, or fibrous, as the fore-leg of a wether.

VEAL.

When the bloody vein in the shoulder looks blue or of a bright red colour, it is fresh killed. If blackish, greenish, or yellowish, the contrary. In loins, the part un-

der the kidney taints first, and the flesh if not fresh killed, will be soft and shiny.

The breast and neck taint first at the upper end; where when stale, it will have a dusky, yellowish, or greenish appearance, and the sweet-bread on the breast will be clammy. The leg when fresh killed will be stiff at the joint; if stale, it will be limber, and the flesh seem clammy. To choose a head, the eyes should look plump and lively, if sunk and wrinkled, the head is stale, and, to be delicate, it should be small and fat. Indeed, large, over-grown veal is never good. The leg of a cow-calf is preferable to that of a bull-calf; the former may be known by the udder, and the softness of the skirt; and, the fat of a bull-calf, is harder and curdled. Veal, to be delicate, should always look white in the flesh, like rabbit or chicken, nor should it seem much blown up; hanging in the air will redden it, but cut into it and the natural colour will soon be discovered.

LAMB.

In chusing a fore-quarter of lamb, take notice of the neck-vein; if it be of a bright blue, it is fresh killed; if greenish or yellowish, it is bad. When buying a hind quarter, smell under the kidney, and try if the knuckle be stiff; if the kidney has a faint smell, or the knuckle be limber, it is stale. Choose a

head by the same tokens you would a calf's head, (see Veal.) House lamb should be fat and plump, or it is worth nothing.

PORK.

If it be young, in pinching the lean between your fingers, it will break, and if you nip the skin with your nails, it will dent. But if the fat be soft and pulpy like lard, if the lean be tough, and the fat flabby and spongy, and the skin be so hard that you cannot nip it with your nails, you may be sure it is old.

Measly pork may be known by little kernels like hail-shot, in the fat; in this state the meat is unwholesome, and butchers are punishable for selling it.

To know fresh-killed pork from such as is not, put your finger under the bone that comes out of the leg or spring, and if it be tainted, you will find it by smelling your finger; the flesh of stale pork is sweaty and clammy, that of fresh-killed pork, cool and smooth.

BRAWN,

When young, is best, and this may be known by the rind; if it is very thick, it is old. If the rind and fat be very tender, it is not boar-brawn, and boar-brawn is the best.

HAMS,

If tainted, will soon be discovered by running a knife under the bone, that sticks out of them. If the knife comes out clean, and has a good smell and flavour, it is sweet and good; if much smeared and dulled, it is tainted or rusty.

BACON.

The best is Wiltshire. If you buy a flitch, order it to be cut through, and if it is streaky, if the fat looks firm and cherry-coloured, and if the inside edge does not look brown or yellow, and if the skin is thin and tender when nipped with your nails, you may suppose it is young and good.

If the fat be not red, it will boil greasy, and if the inner edge is brown or yellow. it will be rusty.

POULTRY.

If the spurs of a *Capon* be short, and his legs smooth, he is young; if he has a thick belly and rump, a fat vein on the side of his breast, and his comb is pale, we may suppose he is a true capon. If fresh, his vent will be hard and close; if stale, it will be loose and open.

In common *fowls*, look at the spurs, if they are short and dubbed, they are young, but

beware that they have not been pared down. If old or stale, they will have a loose, open vent; if young and fresh, a close hard one. In a hen, if old, her legs and comb will be rough, if young, they will be smooth. Fowls and chicken, should be plump and white-legged, and fat on the back.

With respect to *Turkeys*. If the cock be young, his legs will be black and smooth, and has spurs short; if fresh, his eyes will be lively and his feet limber, but if stale, the eyes will be sunk, and the feet dry. So in a hen-turkey, and if she be with egg, she will have a soft open vent, if not, a hard, close one.

I will not speak of game, as they are not purchased in markets.

WOODCOCKS and SNIPES,

If fresh, are limber-footed; if not, they are dry-footed. If fat, they are thick and hard, if not, the reverse. If their noses are moist and their throats muddy, they are good for nothing.

A *Snipe*, if fat, has a fat vein in the side under the wing, and feels thick in the vent; as to other marks of goodness, they are as in a woodcock.

PIGEONS.

The heavier and plumper they are, the better. If new and fat, they will feel full

and fat in the vent, and be limber-footed; if stale, the vent will be flabby and green, and the feet dry. The same observations hold good with respect to *Larks*, and other small birds.

RABBITS,

If stale, will be limber and slimy, if fresh white and stiff; for this, look in the belly. The claws of an old rabbit are very long and rough, and the wool matted with grey hairs; if young, the claws and wool will be smooth. A rabbit three-fourths grown is by far the most delicate.

GEESE.

If the bill be yellowish, and the bird has but few hairs, it is young; but if full of hairs, and the bill and foot red, it is old. If fresh, it will be limber-footed; if stale, dry-footed.

DUCKS,

When fat, will be hard and thick on the belly; if not, thin and lean; if fresh, limber-footed; if stale, dry-footed. A true wild duck has a reddish foot, and smaller than the tame one.

FISH,

Is always known to be fresh, if their gills smell well, are red, and difficult to open; if their fins are tight up, their eyes bright and

not sunk in their heads; but the reverse of these is a sign they are stale.

Turbot is chosen for being thick and plump, and his belly should be cream coloured, not of a bluish white. Small turbot may be known from Dutch plaice, from having no yellow spots on the back.

Cod should be thick towards his head, and his flesh should be white when cut.

Ling is best when thickest in the poll, and the flesh of a bright yellow.

Scates or *Thornbacks*, the thicker they are the better; a female scate, if not too large, is best.

Soals should be thick and stiff, and their bellies cream-coloured.

Sturgeon should cut without crumbling, the flesh should be perfectly white, and the veins and gristles be a true blue.

Herrings and *Mackrel*. Their gills should be a shining red, their eyes full and bright, their tails stiff, and the whole body firm.

Lobsters and *Crabs* should be chosen by their weight, the heavier the better, if no water be in them. Always buy them alive; but when boiled, if their tails, when pulled open, spring to again, they are fresh: but you may break off a leg and taste it. Hen-lobsters are preferable to cock-lobsters, on account of the spawn, and such as have not got the spawn on the outside the tail are still better. A hen-lobster is broader in the mid-

dle of the tail than the cock, and her claws are not so large. A middling sized lobster or crab is the best.

Salmon, when cut, should look red, and bleeding fresh; but smell the gills.

Haddock is a firm, good fish; small cod, a bad one. Haddocks may be known from small cod, by two black spots, one on each shoulder.

Plaice of the best kind look bluish on the belly, and like *Flounders*, those should be chosen which are stiff, and their eyes bright and not sunk.

Pickled Salmon that cuts crumbling, is not so fresh and good as that which comes away in flakes, whose scales are stiff and shining, and whose flesh feels oily.

Prawns and *Shrimps*, if limber, of a fading colour, and cast a slimy smell, are stale.

BUTTER, CHEESE and EGGS.

Butter should be bought by the taste and smell. If purchasing tub-butter, taste it on the outside near the tub, for the middle will be sweet, when the outside is rank and stinking.

Cheese is to be chosen also by the taste, but if it has a moist, smooth coat, it generally turns out good.

Eggs may be known to be good by putting the great end to your tongue. If the

egg feels warm, it is new; if cold, stale; the colder the staler. Put an egg into a pint of cold water, the fresher it is, the sooner it will sink. If rotten, it will swim. To keep them, set them all upright, the small end downwards, in wood-ashes turning them once a week end-ways, and they will keep good for some months.

BREAD.

A peck loaf should weigh 17 lb. 6 oz. a half-peck, 8 lb. 11 oz. a quartern, 4 lb. 5 oz. and this within twenty-four hours after baking. A peck of *flour* should weigh 14lb.

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Shew in every thing a Modesty.

BE not always speaking of yourself.
Be not awkward in manner.
Be not bashful.
Be not forward.

Talk not of yourself at all.

Boast not.

Angle not for praise.

Avoid Lying.

Don't equivocate.

Confess your faults.

Tell no lies called innocent.

Avoid vain boasting.

On all occasions keep up Good-Breeding.

Be easy in carriage.

Listen when spoken to.

Vary your address.

Behave well at table.

Attend to the women.

Kiss not the ladies.

Study a genteel Carriage.

Dread the character of an ill-bred man.

Acquire a graceful air.

Be not awkward in speech.

Be remarkable for Cleanliness of Person.

Attend to your Dress.

Study elegance of Expression.

Modulate your voice; and

Acquire a good utterance.

Attend to your looks and gestures.

Be nice in your expressions.

Be choice in your stile.

Avoid vulgarisms.

Attend to your Address, Phraseology, and Small-Talk.

Use fashionable language

Be choice in your compliments.

Acquire a small-talk.

Make constant Observation.

Be not inattentive.

*Affect not Absence of Mind.**Learn a Knowledge of the World.*

Flatter delicately.

Study the foibles of men.

Observe certain times of applying to those foibles.

Judge of other men by yourself.

Command your temper and countenance.

Seem friendly to enemies.

Never see an affront, if you can help it.

Avoid wrangling.

Judge not of mankind rashly.

Fall in with the humour of men.

Trust not too implicitly to any.

Beware of proffered friendship.

Doubt him who swears to the truth of a thing.

Make no riotous attachments.

Be nice in your Choice of Company.

Adopt no man's vices.

Avoid frequent and noisy Laughter.

Never romp or play like boys.

To form the Gentleman, there are sundry little Accomplishments.

Do the honours of your table well.

Drink no healths.

Refuse invitations politely.

Dare to be singular in a right cause; and

Be not ashamed to refuse.

When at cards, play genteely.

Strive to write well and gramatically.

Spell your words correctly.

Affect not the rake.

Have some regard to the choice of your amusements.

Be secret.

Look not at your watch in company.
 Never be in a hurry.
 Support a decent familiarity.
 Neglect not an old acquaintance.
 Be graceful in conferring favours..
 Avoid all kinds of vanity.
 Make no one in company feel his inferiority..
 Be not witty at another's expence.
 Be sparing in raillery.
 Admire curiosities shewn you ; but not too much.
 Never whisper in company..
 Read no letters in company..
 Look not over one writing or reading.
 Hum no tune in company, nor be any way noisy.
 Walk gently.
 Stare in no one's face.
 Eat not too fast nor too slow.
 Smell not to your meat when eating..
 Spit not on the carpet..
 Offer not another your handkerchief.
 Take no snuff.
 Chew no tobacco.
 Withdraw on certain occasions imperceptibly.
 Hold no indelicate discourse..
 Avoid all odd tricks and habits.

Be wise in the employment of time.

Read none but serious and valuable books.
 Lose no time in transacting business..
 Never indulge laziness.
 Be not frivolous.

Study a Dignity of manners.

Pass no joke with a sting.
 Avoid being thought a punster.
 Keep free from mimickry.
 Never pride yourself on being a wag.
 Be moderate in salutations.
 Be not envious.
 Be not passively complaisant.

Shew no hastiness of temper.
 Be mild to your servants.
 Keep up outward appearances.

To be well received, there are Rules for Conversation.

Talk not long together.
 Tell no stories.
 Use no hackneyed expressions,
 Make no digressions.
 Hold no one by the button when talking.
 Punch no one in conversation.
 Tire no man with your talk.
 Engross not the conversation.
 Help not out, or forestal, the slow speaker.
 Contradict no one.
 Give not your advice unasked.
 Attend to persons speaking to you.
 Speak not your mind on all occasions.
 Be not morose or surly.
 Adapt your conversation to the company.
 Be particular in your discourse to the ladies.
 Renew no disagreeable matters.
 Praise not a third person's perfections, when such praise
 will hurt the company present.
 Avoid rude expressions.
 Tax no one with breach of promise.
 Be not dark or mysterious.
 Make no long apologies.
 Look people in the face when speaking.
 Raise not your voice when speaking.
 Swear not in any form.
 Talk no scandal.
 Talk not of your own or others' private concerns.
 Few jokes, &c. will bear repeating.
 Take up the favourable side in debating.
 Be not clamorous in dispute; but
 Dispute with good humour.
 Learn the characters of company, before you say much.

Suppose not yourself laugh'd at.
 Interrupt no one's story.
 Make no comparisons.
 Ask no abrupt questions.
 Reflect on no order of people.
 Interrupt no one speaking.
 Display not your learning on all occasions.

*Be circumspect in your Behaviour to your
 Superiors.*

Dread Running in Debt.

INSTRUCTIONS

Peculiarly

ADAPTED TO YOUNG WOMEN.

Pride yourself on Modesty.

Never be afraid of blushing.
 Don't talk loud.
 Refrain from talking much.
 Don't even *hear* a double entendre.
 Avoid lightness of carriage.
 Be discreet.
 Affect no languishing.
 Dare to be prudish.
 Be not too free.
 Be cautious in dancing.
 Dread becoming cheap.
 Be not too often seen in public.
 If you go to a play, let it be a tragedy.
 Avoid gaming.
 Be modest and moderate in dress.
 Shun the idea of a vain woman.
 Study dignity of manner.
 Boast not of your appetite, strength, &c. nor say any
 thing that conveys an indelicate idea.

Accept no presents of value from men.
 Receive a salute modestly.
 Give your hand also, when necessary, modestly.
 Be affable with the men, but not familiar.
 Be civil, but not complying.
 Be not always laughing and talking.
 Seem not to hear improper conversation.
 Avoid every thing masculine.
 Never deal in scandal.
 Sympathize with the unfortunate.
 Read no novels, but let your study be history, &c.
 Endeavor to speak and write grammatically.
 Make no confidante of a servant.
 Be cautious of unbosoming yourself, particularly to a
 married woman.
 Consult only your nearest relations.
 Trust no female acquaintance.
 Make no great intimacies.
 Suffer no unbecoming freedoms, yet avoid formality.
 Form no friendships with men.

*You cannot be too circumspect in matters of
Love and Marriage.*

Suppose not all men in love with you, who shew you
 civilities.
 Beware of presuming upon your own innocence.
 Lose not the friend through fear of the lover.
 Be prudent, but not too reserved.
 Let not love begin on your part.
 Be not impatient to be married.

Attend to your Conduct in General.

Betray not your affections for any man.
 If determined to discourage a man's address, undeceive
 him, as soon as possible.
 Be careful not to be deemed a coquet.
 Never betray the confidence any man has reposed in
 you.

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God, in forming the eye, has covered it with an eyelid, to shield it from outward accidents ; has given it a lash, so sensible, that if a mote, or the smallest insect, touches it, the eye instantly closes, and secures itself from harm ; a brow, to shade it from too much light ; and has furnished it with tears, to wash away any dust that may lodge on the surface, and obscure the sight. These tears are constantly running over, and washing, the ball of the eye ; and, when they have performed their office, are carried off by a concealed passage into the nose. How admirable the contrivance, and worthy of an all-wise Creator !

Hearing is the next sense, and its organ is the ear. This, by the sound it communicates to the brain, gives the alarm of noise, when any such dan-

ger is at hand, as the eye, or other senses, could not be acquainted with. But, independent of the security it bestows, how charming to the ear is the sound of music, the melody or singing of birds, the language of the brute creation, and the falling of waters! If the whistling of a storm, or the howling of a tempest, alarms the traveller, the crowing of the cock, and the sound of the village-bell, tells him he has not much to fear; for, though danger is at hand, protection is not far off.

But of all uses of the ear, that of listening to the voice of others is the greatest. Without it, man could not communicate his ideas, enter into the concerns of others, or enjoy the comforts of society.



one to the lungs, through which we breathe ; and the other, to the stomach, through which the food passes : and, that the food may not get into the wind-pipe, through which we breathe, and interrupt the air, nature has contrived a valve or cover, to the windpipe, that opens, to let the air pass in breathing, but shuts close, at the time of swallowing, that the food may not get into it, to choke it up.

We live only by breathing the air, which, when we draw breath, is sucked down by the windpipe into the lungs, as the air is drawn into a pair of bellows, by lifting the handles. These are hollow bags, and contain air ; and when we breathe, the lungs naturally contract, or squeeze themselves together, and thus drive out the air, as does the bellows, when we press the handles down. While man thus breathes, he lives ; but, stop his air-passage, and he dies. Such is the case, when a man is smothered, or strangled. Put him between two featherbeds, or into a place where there is no air, and it will smother him : hang him up by the neck, and thus squeeze his windpipe together, and you will strangle him.

Air then is so necessary to life, that, if he breathes bad air, if he goes into infected places, breathing such infected or unwholesome air, will disorder him, and bring on sickness.

The other passage from the mouth through the throat, leads to the stomach ; thence the food passes to the guts or entrails. In its passage, the nourishing parts of the food are taken up by the blood-vessels, and carried all over the body, to feed and preserve it ; the watry parts of the food are strained by the liver and kidneys, conveyed to the bladder, and thence carried out of the body by urine. The grosser or thicker parts of the food, having performed their office, are also carried off from the body by stool.

All this is rather beyond a child's understanding ; but it will teach him, with what wisdom and contri-

vance God has framed us, and what an astonishing workman he is.

In some manner, as a watchmaker is acquainted with the inside of a watch, so is the physician and the surgeon, with the inside of man : and, as it is the profession of the first to repair any injury the former sustains, so is it the profession or business of the latter, to remedy the defects of men's constitutions, as far as it is possible.

If any part of this wonderful mechanism is out of order, the man is sick ; if any part ceases to act, the man dies.

Now all living creatures are made, in some manner, like man, both within and without ; though not exactly the same, even from the gnat, to the elephant, from the worm, to the whale. The animal machine goes regularly on for years ; and, if no accident happens to shorten it, it will wear out in course of time, and die of old age.

Let a man's fortune then be what it will, let him have physicians and attendants at hand, let him have every remedy which nature provides, he must die at last ; and this hour, though at its greatest distance, is so near, that it behoves us to prepare for its arrival, and not trifle away those precious hours, that are in fact so valuable.



